



Healthy Habits

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THE EPIDEMIC!

According to the center for disease control:

- 63% of **KENTUCKY** adults are *obese or overweight*.
- 26% of non-Hispanic white adults, 39% of non-Hispanic black adults and 16% of Hispanic adults in **KENTUCKY** are *obese*.
- 35% of children between 2-5 years of age in **KENTUCKY** are overweight or at risk of becoming *overweight*.

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How did summer creep up so fast? If you had plans to slim down before the summer season do not worry, it is never too late. With 4 easy steps you can see what changes we can make for the season.

- Drink water
- Exercise or become more active
- Eat fresh fruits and vegetables
- Eat smaller portions or servings



Let's start the season with the thought of losing weight, staying fit and feeling healthy! Are you ready to feel and look great this season and for the rest of your life?

This summer make it your goal to get a colorful variety of fresh fruits and vegetables into your daily diet. WHY? Because colorful fruits and vegetables provide a wide range of vitamins, minerals and fiber. Getting five or more servings of fruits and vegetables into your diet every day is easier than you think:

- A glass of 100 % juice and a handful of berries on your

cereal equal two servings for breakfast.

- A fist size apple or small banana is a great one-serving, mid-morning snack.
- A small mixed-green salad adds another serving with lunch.
- Try a fruit smoothie as an afternoon pick-me-up for one to two servings.
- Spread peanut butter on fresh apple slices for a snack.
- Add mushrooms in

Inside this newsletter are some great tips that can jump-start you on the way to a new you.

You can look and feel brighter, have more energy and feel younger and leaner for the summer. Remember to make realistic goals that you can begin and keep for a lifetime.



These are just a few ways to add more servings of fruits and vegetables to your daily diet.

Drink water, water, water!

Put away all of those sweetened drinks. Water is an essential part of weight loss. Most of us do not drink enough water, so don't worry. It's not just you, it is all of us. Let's start together. You can lose a few pounds for the summer just by drinking more water.



The amount of water that you should drink is 8 glasses that are 8 ounces in size. Spread out your drinking throughout the day and make it a habit to carry your water bottle with you.



***It's easy to get
5 to 9 servings
of fruits and
vegetables
into your diet
every day.***



Exercise and become more active



If you have not started an exercise program yet, then become motivated to start. What are you waiting for? Always talk with your doctor before beginning any kind of an exercise program. Make it one of your other daily habits. Physical activity simply means movement of the body that uses energy. Walking, gardening, soccer, swimming and bicycling are all good examples of being active. Physical activity should be at least moderate or vigorous. Gradually add minutes you spend exercising. You do not need to start out fast in the beginning of a new habit. Some physical activities do not use enough energy to help you meet the 30 minutes a day needed or recommended. Grocery shopping, strolling and light household chores are not considered good things to count as exercise.

Fresh fruits and vegetables



Make it a habit to stop at your local farmers market for fresh grown summer fruits and vegetables. Go as a family and let the children help choose the fruit and vegetables they like. Make and plan summer meals together. Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor. Buy veggies that are easy to prepare. When possible pick up pre-washed vegetables. Buy bags of lettuce, salad

greens, and add baby carrots or grape tomatoes for a salad in minutes. Baby carrots and celery sticks make great snacks. White or sweet potatoes can be baked quickly in the microwave. Lightly steam fresh vegetables or try eating them raw for a crunchy taste. Select vegetables with potassium more often, such as sweet potatoes, white potatoes, green beans, tomatoes, squash, spinach and peas.

Think small

Our appetite often gets smaller when the temperature rises. Eat smaller meal portions. Instead of a bowl, eat a cup of your favorite fruit. Keep fresh fruits, carrots or celery as a snack. Plan some meals around a vegetable main dish. A vegetable stir-fry or soup is a good start for a nutritious meal. Add things such as a fresh salad to compliment the meal. Just remember when having a fresh salad use light salad dressing. Shred carrots or zucchini into meatloaf, casseroles or bread. Grill fresh vegetables when having a cookout with the family. Add color to a salad by adding red cabbage, spinach, carrots or fresh tomatoes throughout the year. Set a good example for the children by eating fresh vegetables at meals or as a snack. Let the children decide on the dinner vegetable or what goes in the garden salad.



Helpful hints



- Drink 12-16 ounces of water with every meal.
- Bring along a water bottle in the car.
- Keep a lot of bottles filled so it will always be handy.
- Keep a cooler full of water with you on summer outings.
- Add a lemon or lime twist for a zingy taste.
- Freeze a water bottle overnight for ice-cold drinking throughout the next morning.
- Eat lots of fresh fruits and vegetables.



Cabinet for Health and Family Services
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We hope you will take part in this program. If you choose not to take part in the program please call 1-888-564-3476 and leave the following information:

- Full Name
- Medicaid Number
- Date of Birth
- Phone number and address
- Reason for not taking part

Strawberry Yogurt Smoothie

1 1/2 cups fat free milk
8 ounces low fat vanilla yogurt
1 cup fresh strawberries
(or any fresh fruit)



1. Place all ingredients in blender in order listed above. Cover.
2. Blend on high speed until smooth.
3. Serve immediately.